

Triglycerides and cholesterol in the bloodstream are important factors in the development in the development of cardiovascular disease. The present invention discloses a 5 nutritional supplement comprising a sterol and an omega-3 fatty acid, or an ester thereof, for lowering cholesterol and triglyceride levels in the bloodstream of a subject. Preferably, the sterol and omega-3 fatty acid are together in the form of an ester.

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